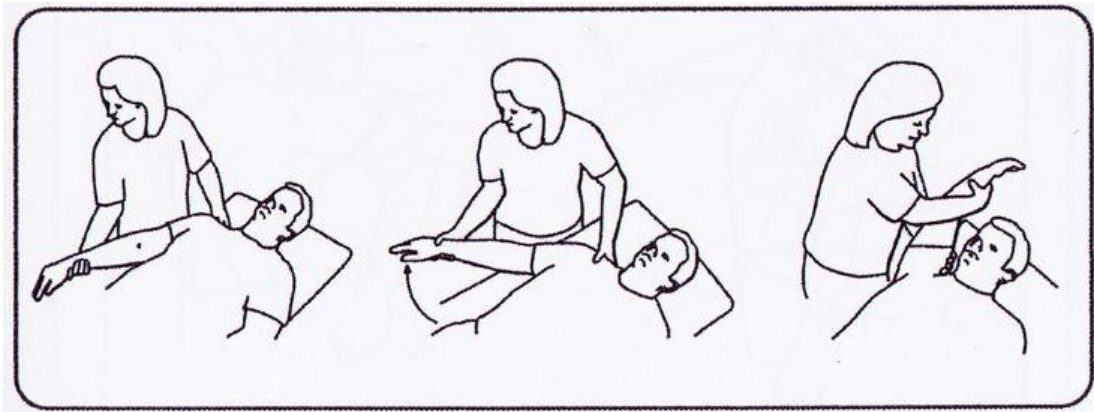


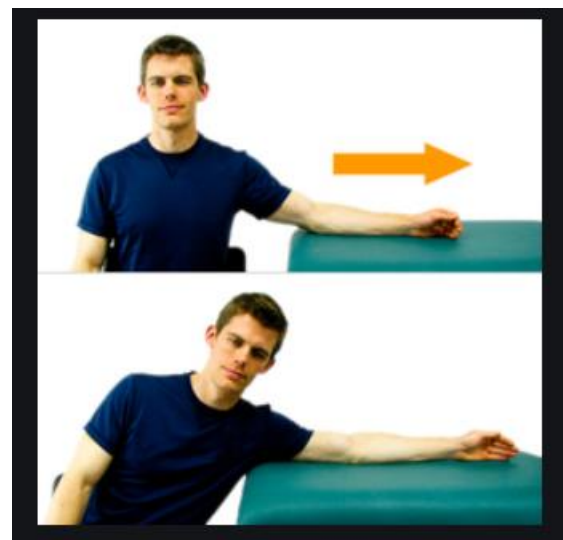
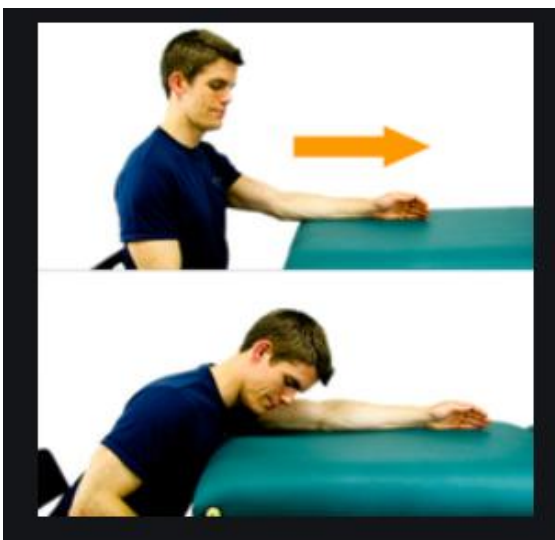
## Range of Motion Stretches

- Range of motion (ROM) exercises help reduce stiffness in joints which may cause pain.
- ROM exercises can help maintain or slow down the stiffening of joints
  - Active ROM
    - An active exercise like stretching, which can be done by an individual on their own
  - Passive ROM
    - Administered by a caregiver, usually when an individual is unable to do it on their own.
- Benefits
  - Moving the joints daily ensures that comfort is maintained
  - It can prevent or minimize discomfort and pain
  - It can help maintain mobility
  - Exercises can be adapted to meet individual needs
- Guidelines
  - Perform exercises every day, begin each one slowly
  - Repeat 10 times and move to the point of resistance for the joint
  - Do NOT force any stretch
  - Caregivers should watch patient's face for a response if they are unable to communicate clearly

- Upper Extremity Exercises:
  - Shoulder flexion and extension
    - Hold the wrist and elbow and position thumb pointing UP. Gently turn the wrist towards the head and move the arm slowly up above the head. Bring arm back down and repeat.

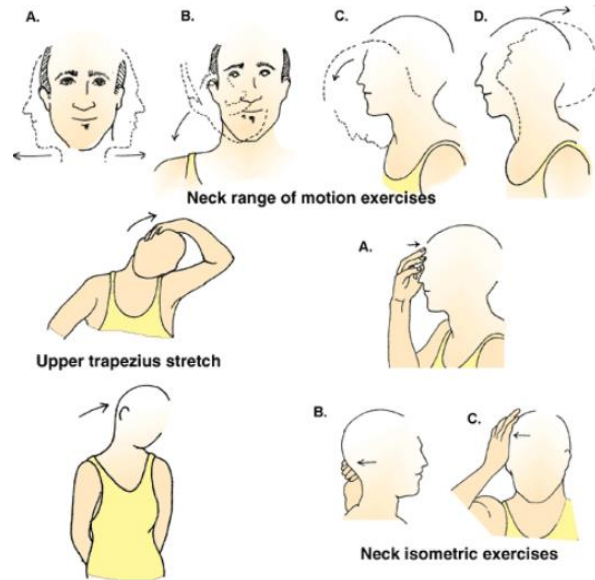


- Shoulder Rotation
  - Place one hand under the elbow and hold the wrist with the other. Pull the arm gently out to the side at shoulder level. Move the hand back and forwards to move the joint in the shoulder.



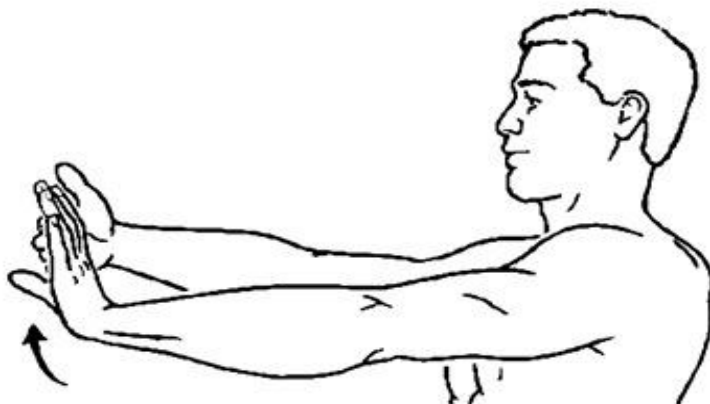
○ Neck Rotation

- Turn the head slowly to the right and then return to the center. Next, turn the neck to the right. Tilt the head slowly to one side and then the other.



○ Wrist extension

- Stretch the fingers straight and while keeping fingers stretched out, bend the wrist back toward the forearm.



○ Digit extension

- Stretch the fingers straight at each joint and hold.